

Articles

Welcome to Caring For You Support Services

Baby Boomers Providing Unpaid Care

Posted **AUG 11 2011** by **JO-ANN KEITH** in **ARTICLES** with **1 COMMENT**Posted [Aug 11 2011](#) by [Jo-Ann Keith](#) in [Articles](#) with [1 Comment](#)

Canadians approaching retirement are now the fastest-growing demographic in the country and are known as “Baby Boomers”. A Baby Boomer is known as “being born between the years of 1947 and 1966, after World War II”. Wikipedia states “there were over 400,000 babies born” during this era. (http://en.wikipedia.org/wiki/Post-World_War_II_baby_boom). Canada’s aging baby boomers account for close to one-third of the country’s 32 million people. There are also more senior citizens than ever — more than 4.3 million. This is the first time in Canada’s history there are over four million people aged 65 or older.

Are you in the category that is called a Baby Boomer? Do you have aging parents? If you answered yes to either of these questions then it could be time to start helping your parents plan for the future. Asking questions now like: “Do you have a will and if so where is it?”; “What are your preferable living arrangements?”; “Do you have insurances that will help to pay for care?” might help life’s transitions go a little smoother when things get stressful.

There are 3.7 million adult children over the age of 55 and many of them are providing unpaid care for a parent. While most adults between the age of 50 -65 are still working at full time jobs and have active children, adding caring for your parents can add stress to relationships and cause health problems to caregivers.

Health problems usually happen when a person is stressed out and is having difficulty finding the right kind of supports to help alleviate the worry and care needed. Care giving can be physically and emotionally draining and it will cost time and money. This stress flows over into the work area causing less productivity.

Of course Canadians who are silver haired and remain active, eat healthy, drink lots of water, and remain involved in social circles have a better chance of staying healthy and living longer.

If couples take extra efforts to share the load of caring for their parents, a lot of stress in relationships can be avoided; however that in itself takes work. Caring for a parent takes up the time a person would normally spend with a spouse and/or family members. The stress of holding down a full time job, caring for a parent while doing it and financial costs that may arise out of providing care for Mom and Dad are all things that add stress to relationships.

Consequently, should a family decide to hire a home support service a lot of time, money and worries can be saved and avoided.

Source: <http://www.caringforyoukelowna.ca/2011/08/11/baby-boomers-providing-unpaid-care/>